

THE OTHER HALF OF CANCER CARE



Last year, cancer survivors and family members made nearly 6,500 visits to this beautiful home for support, education, and cancer wellness programs.

Ways to Learn More About The Wellness Community

Call us at
(602) 712-1006,
visit our website
at www.twccaz.org,
or attend a Newcomer
Orientation.

At the Wellness Community, we provide free, professional educational and support programs for people with cancer and their loved ones in a beautiful home and garden setting. Anyone, at any stage of their cancer diagnosis, and family members, friends, and caregivers are welcome.

Nationally-recognized research studies show that participation in support groups decreases distress, improves quality of life and increases the potential of long term survival.

The Heart of the Wellness Community



WEEKLY SUPPORT GROUPS

At the heart of our program are professionally-facilitated weekly support groups for people with cancer and their family, friends, and caregivers. Group members experience a caring, uplifting, and supportive community with others who are "in the same shoes." Please call (602) 712-1006 for information.



NETWORKING GROUPS FOR SPECIFIC CANCERS

Monthly, individuals with specific cancers meet in groups to support, learn from one another, and discuss aspects of living with cancer, their diagnosis, treatment, and recovery. Open to family and friends.



NEWCOMER ORIENTATIONS

Led by a cancer survivor and "graduate" of The Wellness Community, this informal orientation introduces and provides background on our free programs. Mondays at 6 p.m. and Wednesdays at 10 a.m.

The Key to Recovery – Boosting Your Immune System



EDUCATIONAL SEMINARS

Monthly presentations by doctors, nurses, nutritionists, and other professionals. Become a more informed and active member of your treatment team.



STRESS REDUCTION CLASSES

Certified instructors guide movement designed specifically to help cancer patients learn to deal with pain, side effects of treatment, and find assistance in boosting their immune system through exercise, relaxation and visualization techniques.



CREATIVE EXPRESSION

Journaling, scrapbooking, card making, working with clay, painting and more assists with recovery. No previous art classes required. Materials provided.

ABOUT OUR CALENDAR

The Wellness Community is dedicated to providing our participants with integrated psychosocial support. Throughout this calendar you'll find icons leading you to these four cornerstones:



Hope &
Support



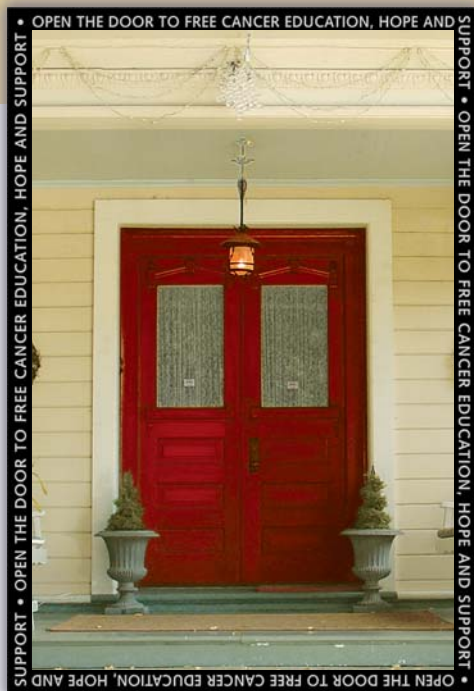
Knowledge
is Key



Mind, Body
& Spirit



Exploration
& Expression



AUG/SEPT 2006 CALENDAR OF EVENTS THE OTHER HALF OF CANCER CARE

Clinical Corner

from DR. DAN RUBIN

The diagnosis of cancer can be life altering, frightening, and uncomfortable; for some it can also be quite lonely. It is times like these that people helping people is at its peak of efficacy. The Wellness Community provides a tremendous service in this respect and stands as a pillar of our community.

—Dan Rubin, ND
Rubin Medical
President, Oncology Association
of Naturopathic Physicians

NEWS *to use*

HEADLINE NEWS

New terminology defines people who care for cancer patients ...

Researchers gain valuable information from families with inherited cancers ...

When individuals with breast or prostate cancer followed a moderate exercise program ...



New Terminology Honors Caregivers

In the vocabulary of cancer a new term has been created to define people who care for cancer patients—*co-survivors*. The new terminology honors anyone who provides the support which is so critical for the recovery of the cancer patient.



Family Cancer Registries Aid in Cancer Research

One reason families with inherited cancers are so valuable to research is that they help researchers more easily detect relevant genetic patterns. Often the same genes are involved when people in the general population get cancer. Having the ability to mark the genes helps yield new insights into how cancer works, and assists in developing new drugs.

For more information about family cancer registries please contact:

- Familial Kidney Tumor Program a National Cancer Institute Study at web.ncicrf.gov/research/kidney/famkid.html
- National Familial Lung Cancer Registry/National Familial Pancreas Tumor Registry: both are at Johns Hopkins Medical Institutions, at www.path.jhu.edu/nfltr and <http://pathology.jhu.edu/pancreas/>
- National Cancer Institute has a number of familial cancer registries one they are currently working on is, Familial Testicular Cancer Registry: <http://familial-testicular-cancer.cancer.gov>



New Study Finds Exercise Lessens Fatigue

When individuals with breast or prostate cancer followed a moderate, home-based exercise program using resistance bands and walking, the patients had less fatigue during radiation treatments, greater strength and could walk farther and faster in only four weeks, researchers discovered in a pilot study.

"The results of this study are extremely promising and I am hopeful that this type of research is creating a body of knowledge that is focused on treating the whole patient and all of the complexities of cancer," said principal investigator Karen Mustian, PhD, of the University of Rochester James P. Wilmot Cancer Center.

See <http://www.cancercompass.com/cancer-news/1,11060,00.htm> for more information.

Wellness Community Special Programs

Please call The Wellness Community at (602) 712-1006 to RSVP for any of the following free programs:

HOPE & SUPPORT



Wellness Connection – Mondays August 21 and September 18, 6 – 7:30 p.m.
Connect with others striving to maintain wellness after surviving a cancer diagnosis and treatment. Topics may include anxiety about health checks, how/whether to return to life as it was before cancer, and how to give back. Facilitated by a licensed counselor.

Soul Survivors – Tuesdays August 15 and September 19, 6:30 – 8 p.m.
Laura Fial, local performer and breast cancer survivor, conducts this choir that has gained national recognition. Heal through music with 90 minutes of voice training, singing your favorite tunes, and preparing for local performances. No audition required; bring your musical spirit!

Family Circle – Tuesday September 19, 4 – 5:30 p.m.
For adults with cancer and children ages 5-15. Developmentally appropriate art and play activities help children understand and process feelings. Adults share parenting concerns, ideas, and feelings separately. Facilitated monthly September – May.

KNOWLEDGE IS KEY



Ask the Therapist about Lymphedema – Thursday August 10, 10 a.m. – Noon
Certified Lymphedema Therapist Andrea Brennan, OTR/L, CLT-LANA, will discuss risk factors and prevention tips for lymphedema as well as options for treatment.

Ask the Nutritionist – Mindful Eating: Is What You Are Eating, Eating You? – Thursday August 24, 10 a.m. – Noon with Elaine Nevins, Registered Dietician and Cancer Survivor
Find out what you're already doing right and what alternative food choices you can make that will result in greater health benefits. For those in cancer treatment and beyond.

Frankly Speaking about Non-Hodgkins Lymphoma – Saturday August 19, 10 a.m. – Noon
Dr. Rajesh Kukunoor of Southwest Hematology Oncology will present current research and treatment options. Continental breakfast provided. This is a TWC National patient education program offered with financial support from GlaxoSmithKline.

Health Laws to Combat Cancer – Thursday Sept 21, 10 a.m. – noon.
Dr. Thomas Lodi, MD, Homeopathic Physician, Internal Medicine, Integrative Oncology, Certified Nutrition Specialist will share about the laws of health to: 1) stop producing cancer; 2) build the immune system; 3) become aware of therapies that selectively target and destroy cancer cells; and 4) restore and maintain a healthy body.

Prostate Cancer Education Program – Saturday September 30, 8:30 a.m. – 2 p.m.
Heard Museum, Monte Vista Room. Refreshments provided.
Panel of local experts including Dr. Larry Bans, Dr. John Carpten, Dr. Dan Rubin and Dr. Scott Tropper plus Keith and Virginia Laken, authors of *Making Love Again*, will share information and experiences of living with, treating, and living beyond a diagnosis of prostate cancer. Space is limited.

MIND, BODY & SPIRIT



Look Good Feel Better – Saturday August 5, 10 a.m. – Noon
Offered in collaboration with the American Cancer Society for women undergoing cancer treatment. With the help of a professional cosmetologist, participants practice make-up applications as well as learn ways to wear scarves and wigs.

Mindfulness-based Stress Reduction – Tuesday September 5, 6 – 9 p.m – Introduction session.
8 week program with subsequent sessions on September 12, 19, 26, Oct 3, 10, 17, 21, and 31.
Paul Sugar, of Scottsdale Institute of Health & Medicine, teaches how to consciously and systematically work with your stress, pain, illness, and the challenges and demands of life. Space limited.

EXPLORATION & EXPRESSION



Shaping and Molding Clay – Fridays August 18 and September 8 and 29 from 10 a.m. – Noon
Create your own sculptures with ceramicist Joy Kockerbeck and friends from Creative Arts in Healing. No previous experience needed. All materials provided.

Beading Basics – Fridays August 11 and 25, 10 a.m. – Noon
Nancy Freer, local artist, guides teens affected by cancer, friends, and family in making jewelry with beads. Materials provided.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	1 Participant Group 10 a.m.–Noon Creative Card Making 12:15–2:15 p.m.	2 Newcomer Orientation 10 a.m. Tai Chi Chih 11 a.m.–Noon Yolates Exercise 3:45–5 p.m. Relaxation & Visualization 5:15–6 p.m. Participant/Family Groups 6–8 p.m.	3 Multiple Myeloma Networking Group 10 a.m.–Noon	4 Creative Card Making 10 a.m.–Noon	5 Look Good Feel Better 10 a.m.–Noon Ovarian Cancer Networking Group 10 a.m.–Noon Breast Cancer Networking Group 1–3 p.m.
7 Relaxation & Visualization 12:15–1 p.m. Participant/Family Groups 1–3 p.m. Yoga for Recovery 5–6:30 p.m. Newcomer Orientation 6 p.m.	8 Participant Group 10 a.m.–Noon Scrapbooking 12:15–2:15 p.m.	9 Newcomer Orientation 10 a.m. Tai Chi Chih 11 a.m.–Noon Yolates Exercise 3:45–5 p.m. Relaxation & Visualization 5:15–6 p.m. Participant/Family Groups 6–8 p.m.	10 Ask the Therapist about Lymphedema 10 a.m.–Noon with Andrea Brennan	11 Beading Basics 10 a.m.–Noon Especially for teens and friends!	12 Networking Groups: Pancreatic 10 a.m.–Noon Lymphoma 10 a.m.–Noon Carcinoid 1–3 p.m. Lung 1–3 p.m.
14 Brown Bag Journaling 11:30 a.m.–1 p.m. Participant/Family Groups 1–3 p.m. Yoga for Recovery 5–6:30 p.m. Newcomer Orientation 6 p.m.	15 Participant Group 10 a.m.–Noon Creative Card Making 12:15–2:15 p.m. Soul Survivors 6:30–8 p.m. Heal through music with Laura Fial	16 Newcomer Orientation 10 a.m. Tai Chi Chih 11 a.m.–Noon Yolates Exercise 3:45–5 p.m. Relaxation & Visualization 5:15–6 p.m. Participant/Family Groups 6–8 p.m.	17	18 Shaping and Molding Clay 10 a.m.–Noon	19 Frankly Speaking about Non-Hodgkins Lymphoma 10 a.m.–Noon with Dr. Rajesh Kukunoor
21 Relaxation & Visualization 12:15–1 p.m. Participant/Family Groups 1–3 p.m. Yoga for Recovery 5–6:30 p.m. Newcomer Orientation 6 p.m. Wellness Connection 6–7:30 p.m.	22 Participant Group 10 a.m.–Noon Scrapbooking 12:15–2:15 p.m.	23 Newcomer Orientation 10 a.m. Tai Chi Chih 11 a.m.–Noon Yolates Exercise 3:45–5 p.m. Relaxation & Visualization 5:15–6 p.m. Participant/Family Groups 6–8 p.m.	24 Ask the Nutritionist Mindful Eating 10 a.m.–Noon with Elaine Nevins	25 Beading Basics 10 a.m.–Noon Especially for teens and friends!	26
28 Brown Bag Journaling 11:30 a.m.–1 p.m. Participant/Family Groups 1–3 p.m. Yoga for Recovery 5–6:30 p.m. Newcomer Orientation 6 p.m.	29 Participant Group 10 a.m.–Noon Creative Card Making 12:15–2:15 p.m.	30 Newcomer Orientation 10 a.m. Tai Chi Chih 11 a.m.–Noon Yolates Exercise 3:45–5 p.m. Relaxation & Visualization 5:15–6 p.m. Participant/Family Groups 6–8 p.m.	31	CALENDAR KEY <div> Hope & Support</div> <div> Mind, Body & Spirit</div> <div> Knowledge is Key</div> <div> Exploration & Expression</div> <p>THE WELLNESS COMMUNITY IS A 501-C-3 NON-PROFIT ORGANIZATION UNITED WAY CAMPAIGN FUNDS CAN BE DESIGNATED THROUGH YOUR COMPANY TO THE WELLNESS COMMUNITY, ID# 1033</p>	

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Save the Date for the Wellness Community's Winter Week of Cancer Wellness:

Nourishing Hope When Cancer Requires You to Create a "New Normal" with doctor, cancer survivor and best-selling author Wendy Harpham, MD, FACP
Thursday, November 30, 5:30 p.m. reception; 6 p.m. seminar and Q&A

Lights of Life Tree Lighting and Hope Café – tree lighting, music, refreshments and special art exhibits.
Friday, December 1, 6 p.m. program and tree lighting; runs through 10 p.m.

Cancer Resource Fair featuring the Path of Hope – experience a variety of programs, products, resources and expert advice for people dealing with cancer and their loved ones. Children's activities.
Sunday, December 3, 1–4 p.m.

WATCH FOR MORE DETAILS TO COME!

1

2

4

Closed for Labor Day

5

Participant Group
10 a.m.–Noon

Creative Card Making
12:15–2:15 p.m.

Mindfulness-based Stress Reduction Introduction
6–9 p.m.

6

Newcomer Orientation
10 a.m.

Tai Chi Chih
11 a.m.–Noon

Yolates Exercise
3:45–5 p.m.

Relaxation & Visualization
5:15–6 p.m.

Participant/Family Groups
6–8 p.m.

7

Multiple Myeloma Networking Group
10 a.m.–Noon

8

Shaping and Molding Clay
10 a.m.–Noon

9

Networking Groups: Ovarian
10 a.m.–Noon

Pancreatic
10 a.m.–Noon

Lymphoma
10 a.m.–Noon

Breast 1–3 p.m.

Carcinoid 1–3 p.m.

Lung 1–3 p.m.

11

Brown Bag Journaling
11:30 a.m.–1 p.m.

Participant/Family Groups
1–3 p.m.

Yoga for Recovery
5–6:30 p.m.

Newcomer Orientation
6 p.m.

12

Participant Group
10 a.m.–Noon

Scrapbooking
12:15–2:15 p.m.

Mindfulness-based Stress Reduction
6–8 p.m.

13

Newcomer Orientation
10 a.m.

Tai Chi Chih
11 a.m.–Noon

Yolates Exercise
3:45–5 p.m.

Relaxation & Visualization
5:15–6 p.m.

Participant/Family Groups
6–8 p.m.

14

15

Creative Card Making
10 a.m.–Noon

16

Teen Community Event
10 a.m.–Noon

18

Relaxation & Visualization
12:15–1 p.m.

Participant/Family Groups
1–3 p.m.

Yoga for Recovery
5–6:30 p.m.

Newcomer Orientation
6 p.m.

Wellness Connection
6–7:30 p.m.

19

Participant Group
10 a.m.–Noon

Card Making
12:15–2:15 p.m.

Family Circle
4–5:30 p.m.

Soul Survivors
6:30–8 p.m.

Mindfulness-based Stress Reduction
6–8 p.m.

20

Newcomer Orientation
10 a.m.

Tai Chi Chih
11 a.m.–Noon

Yolates Exercise
3:45–5 p.m.

Relaxation & Visualization
5:15–6 p.m.

Participant/Family Groups
6–8 p.m.

21

Health Laws to Combat Cancer
10 a.m.–Noon
with Dr. Thomas Lodi

22

Creative Card Making
10 a.m.–Noon

23

25

Brown Bag Journaling
11:30 a.m.–1 p.m.

Participant/Family Groups
1–3 p.m.

Yoga for Recovery
5–6:30 p.m.

Newcomer Orientation
6 p.m.

26

Participant Group
10 a.m.–Noon

Scrapbooking/ Card Making
12:15–2:15 p.m.

Mindfulness-based Stress Reduction
6–8 p.m.

BRCateers
6–7:30 p.m.

27

Newcomer Orientation
10 a.m.

Tai Chi Chih
11 a.m.–Noon

Yolates Exercise
3:45–5 p.m.

Relaxation & Visualization
5:15–6 p.m.

Participant/Family Groups
6–8 p.m.

28

29

Shaping and Molding Clay
10 a.m.–Noon

Professionals Seminar on Prostate Cancer
2–4 p.m.
at the Wellness Community

30

Prostate Cancer Education Program
8:30 a.m.–2 p.m.
Heard Museum, Monte Vista Room
including the authors of *Making Love Again*



FROM A PARTICIPANT

Cancer Survivor Says, "Groups Have Great Value"

Pete Normington and his wife, Diana, participate in weekly groups at The Wellness Community and say they have benefited greatly from the organization's services. Pete's advice to others with cancer:

Be an informed patient and an active participant in your treatment and get involved in The Wellness Community as soon as possible, because they can teach you so much.

When Pete Normington went in for his annual physical last fall, a blood test to screen for prostate cancer indicated that there might be a problem. A biopsy confirmed that he did have prostate cancer.

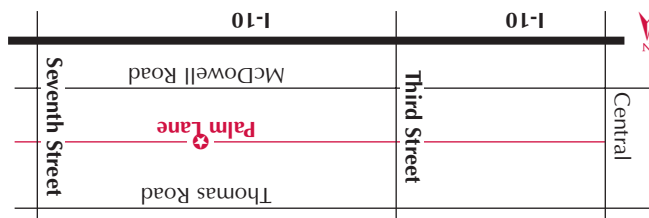
In early January, Normington's friend Louis Leeburg, a Wellness Community board member, invited him and his wife, Diana, to a Wellness Community fundraiser.

"I went in thinking it was a purely social activity, but when we heard the testimonials, and had such a good feeling about the campus and the people we met, our interest peaked. We decided to give The Wellness Community a try," says Normington.

"I only wish I had found The Wellness Community sooner," says Normington. "I did most of the research about treatment options, and it would have been a big help to have access to all the organization's information and resources, as well as the invaluable knowledge from others with cancer to help us sort through all the choices.

"I wasn't really sure I was a 'group person' and it was reassuring to know that not only were there other men in the program, but that for many, it was their first 'group' experience as well.

"Friends and family can sympathize, but others going through the same situation can really help you get through it. Although my treatment was going well, I didn't realize the severe mental effects of cancer on both the patient and the caregiver. The Wellness Community has really helped me learn how to accept care and has also helped my wife with the tough job of being a caregiver."



WWW.TWCCAZ.ORG

free EDUCATION
free SUPPORT
free HOPE

AUG/SEPT 2006
CALENDAR OF EVENTS



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